



# Green Bean



## History

Green, navy, kidney, and black beans all originated in Peru. Beans were spread throughout South, Central, and North America by migrating Indians. Beans were essential to the diets of the native tribes, and they continue to play a large role in the diets of South and Central Americans.



Beans are not found in the Americas alone. Varieties of beans have been growing in Europe, Africa, and Asia for as long as green beans have been growing in South America. For example, the broad bean originated in Europe and has been found in sites of Iron Age and Bronze Age settlements as well as Egyptian tombs. Spanish explorers took the green bean back to Europe in the 16<sup>th</sup> century and introduced it there.

## Common Expressions

Beans have been eaten by people for so long that they have worked their way in to a number of common expressions.

*Full of beans* – used to describe somebody with a lot of energy

*Bean-fed* – used to describe a high spirited person

*Spill the beans* – is used when describing somebody who tells a secret or the truth

## Fun facts

- Green beans are also called string beans and snap beans
- Green, navy, kidney, and black beans are called “common beans”
- Bean pods can be green, yellow, purple, or speckled with red
- Green beans are picked before the seeds are mature and the shell becomes hard and brittle
- Green beans taste best when they are thinner than a pencil
- Green beans will continue to cook after you remove them from boiling water – be sure to take them out before they are done or soak them in cold water after cooking
- Wisconsin grown green beans can be found from July through October



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